

A New Mother

When I started working for the Michigan Department of Community Health, I had just had a baby a few months prior so I weighed 168 lbs (and I'm only 5'3). I was going through a separation, and then divorce, from my husband. I and my two kids had to move back home with my parents. I was depressed, lazy and eating like it was going out-of-style. I hated that I was having to buy size 16 pants (up from size 7 before I got pregnant), and really hated looking at myself in the mirror.

Then, I was introduced to the Michigan Steps Up Challenge. I got one of the free pedometers, and started taking the stairs rather than the elevator. I started parking further away so I would have to walk more to get into the building. I started making "walking buddies" to walk with on breaks. I started eating a LOT healthier, and only when I was hungry, not when I needed comfort.



Now I weigh only 132 lbs, a 36 lbs loss. I am back into size 9 pants and the depression is gone. I have a ton more energy than I did. I now take time to get on the floor and wrestle around with my kids, which I haven't done in quite some time. My kids and I have become a lot closer because of it.

I still would like to lose a few more pounds, but I now know that all it takes is eating right and moving! Thank you Carol and Michigan Steps Up Challenge!

Submitted by a MDCH employee